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LOCAL FAMILY FIGHTS TO KEEP THEIR FIVE FEATHERED FRIENDS AFTER SOMEONE REPORTS THEIR CLANDESTINE COOP

PAGE 3

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A police investigator looks over the scene where Kyle Devasconcelos, 23, was found dead in north St. Boniface Sunday morning. Police have made no arrests in what is the city's ninth homicide of the year. SHANE GIBSON/METRO

Police look for gang ties in homicide

Victim identified.
Vigil set up at scene where man's body was found on Sunday

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg police aren't ruling out a gang connection to the city's latest homicide.

On Monday, police identified Kyle Devasconcelos, 23, as the man found dead in a parking lot behind the 200 block of Dumoulin Street on Sunday morning.

Police spokesperson Const. Jason Michalyshen said police have had previous dealings with the victim, and investigators are looking into the possibility the killing is linked to gangs.

"Certainly, the history and the background of the individuals involved, we have to take that into consideration," he said. "We're going to be looking into any and all possibilities."

Michalyshen wouldn't confirm reports Devasconcelos had been shot, saying only that he had upper body injuries that were "suspicious in nature" when he was found.

"There's certain details and certain bits of information that are really important that we keep to ourselves so that the investigation can move forward in a positive way," he said, adding a time of death and the cause may be released following an autopsy.

"We're not going to speculate or make any guesses; this is about trying to determine exactly what took place."

No arrests have been made, and Michalyshen wouldn't say if a weapon had been recovered.

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Near Highway 9

Police identify fatal crash victims as Winnipeg teens

RCMP have identified two young women as the victims of a deadly car crash in the regional municipality of St. Andrews early Saturday morning.

The driver, a 17-year-old woman from Winnipeg, and the sole passenger, an 18-year-old also from Winnipeg, of the 2005 Buick Century were pronounced dead at the scene.

RCMP said their initial investigation showed the vehicle was travelling westbound on River Road, near Highway 9, at a high rate of speed when it left the roadway, rolling over at least once, and struck a utility pole.

METRO

Tragic camping trip

Teen mistaken for bear is shot, killed by fellow camper

A teenager who was mistaken for a bear outside a tent has been shot and killed in a remote area of northeastern Manitoba by a fellow camper.

RCMP Sgt. Line Karpish said four friends were camping at Namay Falls on Sunday, when one of them was woken up at 4 a.m. by a noise. He thought it was a bear and it was close to the tent.

The 22-year-old fired a shot, only to discover he had hit one of his camping buddies.

Someone called 911 and officers arrived by helicopter to find the group "very distraught," Karpish said.

THE CANADIAN PRESS

Shanti, 11, said she will be very sad if the city forces her family to get rid of their chickens. Members of a Winnipeg family fined for keeping backyard chickens say they've already filed an appeal with the city and will fight to keep the birds. BERNICE PONTANILLA/METRO

Local family appeals to keep feathered flock

Home-schooling project. Many benefits to backyard chickens, 16-year-old says

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Members of a Winnipeg family fined for keeping backyard chickens say they've already filed an appeal with the city and will fight to keep their feathered friends.

Stacie Gottfried's family owns five chickens that were hatched in an incubator as part of a home-schooling project she did with her two daughters three years ago.

"We started out as a home-schooling project with the idea that maybe we'd try keeping them, we weren't sure," said Gottfried, adding she's received nothing but positive feedback from her northeast Winnipeg neighbours about the chickens.

"But we continued to keep them. We like them because of the fresh eggs, plus the girls really enjoy having them.

"It's sort-of a food issue, as well as it started out as a school project, (with) lots of learning."

On May 16, Gottfried said Animal Services officials gave her a summons and told her she'd been reported, though they didn't say by whom.

She was also told she had seven days to get rid of the chickens.

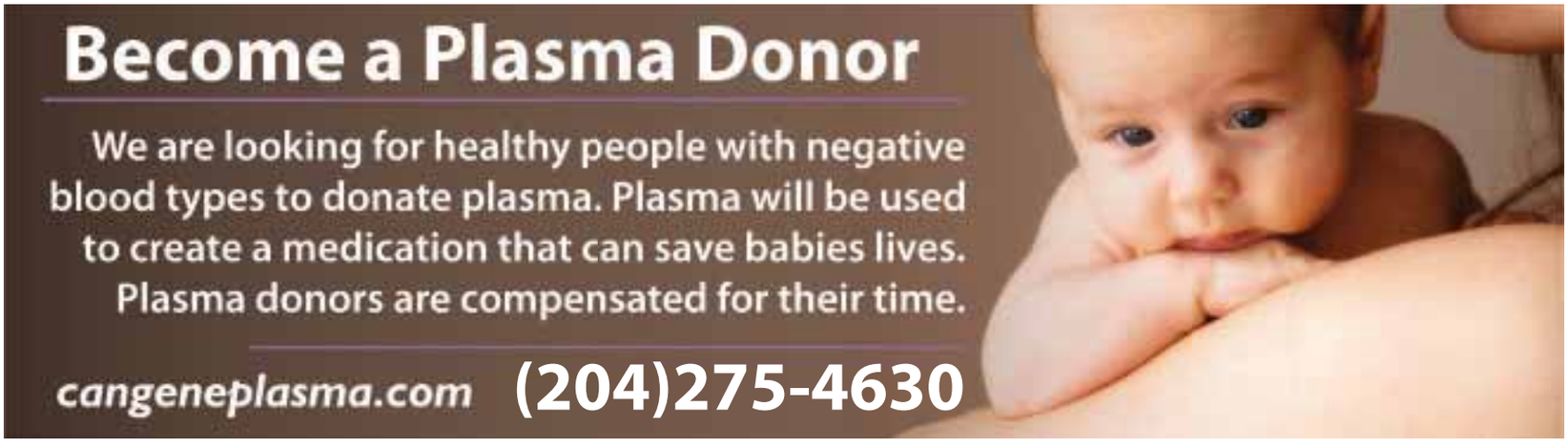
"I asked if they could just give us a warning, they said no, they don't do warnings and we have seven days to get rid of them," she said, adding she was given the formal order a few days later that gave her until June 12 and the opportunity to appeal.

"We have already submitted our appeal letter."

This experience has left the family questioning why the city is taking the stand it is when, they believe, there's so many benefits to owning chickens.

"They're very friendly and calm, and easy to have," said 16-year-old Jessie, who plans to pursue a career working with animals.

"Of course the biggest perk probably is their eggs; they lay beautiful eggs and their eggs are very healthy. They're better than anything you can get at the store, they come from healthy chickens — you know they're healthy, happy chickens."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Transit Tuesday

Weekly Transit News Update

NEW FAREBOXES ARE HERE

Winnipeg Transit has begun installing new, electronic, state-of-the-art fareboxes on all 565 buses in its fleet. The GFI-Odyssey fare boxes, are equipped with automatic coin counters, on-screen information displays, paper transfer printers and readers, a separate ticket slot and smart card sensors. Pass holders will encounter no change to their current payment and boarding method.

NEW FAREBOXES EASY TO USE

If you pay your fare with cash, simply drop your coins, one at a time, into the coin slot on top of the farebox. The new fareboxes do not accept pennies or paper currency and operators do not provide change. If paying with a ticket, just insert your ticket into the clearly marked ticket slot located on top of the new farebox. As payment is made, information will be presented visually on the display screen that is also mounted on top of the farebox.

FAREBOX PRINTS TRANSFERS

When paying a fare with cash or tickets, riders can still ask the Operator for a transfer, however, now the transfer will be printed and issued by the new farebox, not the operator. The printed transfer will include a bar code that will be automatically validated by the bar code reader on any connecting bus equipped with a new farebox. The fareboxes are expected to be installed on all buses by late June. Until then, passengers may encounter both types of fareboxes. Passengers with an old style transfer will still need to show their transfer to the operator when boarding. Passengers with a new bar code transfer boarding a bus with an old farebox will also need to show the operator their transfer. For more information about the new fareboxes, visit winnipegtransit.com

SMART CARDS NEXT STEP

The second phase of Winnipeg Transit's electronic fare collection system will be the introduction of new smart cards that will provide transit customers with a more convenient way to pay for their bus rides. More details about the new smart cards will be available later this year.

Winnipeg winnipegtransit.com

VIA Rail plot

Suspect can't find lawyer who'll use Qur'anic defence

A terror suspect charged in an alleged plot to attack a VIA Rail passenger train is having difficulty finding a lawyer who will try convincing a court to judge him against the Qur'an.

Chiheb Esseghaier appeared in a Toronto court via video link on Monday to discuss his attempts to find legal aid representation — a process that has so far been unsuccessful due to the specific and unusual demands he has made.

"I want that the lawyer help me to change the reference of my case from the laws used by humans to the laws of the holy book," he told the court. "I cannot take a lawyer who is not able to fulfil my need."

When asked by the presiding justice of peace if he fully understood the proceedings, Esseghaier, who was wearing an orange jumpsuit and sported a full beard, said he did.

THE CANADIAN PRESS

Social media

PM's partisan tweet raises eyebrows

A partisan pitch sent from the prime minister's Twitter account touched off some pointed questions Monday about how Stephen Harper is using social media.

Harper actively solicited names for the Conservative party's mailing list via his @pmharper account, viewed by many as the official social media voice for the Prime Minister's Office.

Government policy forbids the use of official communications for partisan purposes, but Harper spokeswoman Julie Vaux said in an email that "@pmharper is a political Twitter account, not a government one." Vaux noted Harper runs a second, government account at @pmwebupdates.

The @pmharper account is defined as belonging to the Prime Minister, with no reference to party. It also includes a link to the PM's official government website. THE CANADIAN PRESS

'Extremely dramatic' floods cause deaths across Europe

The city hall of Grimma, Germany, is surrounded by water Monday. At least eight people were reported to have died and nine were missing due to floods in Germany, Austria, Switzerland and the Czech Republic. "The situation is extremely dramatic," Herbert Zillinger, a crisis centre spokesman in Passau, said about the southeast Germany city where water rose to levels not seen in more than five centuries.

JENS WOLF/DPA/THE ASSOCIATED PRESS

Feds to fund anti-bullying program

'Important and timely'. Ottawa, Red Cross partner for initiative aimed at protecting youth after recent teen suicides

JOE LOFARO
Metro in Ottawa

The federal government announced funding for a program aimed at eliminating bullying among youth, after recent teen suicides have sent educators and parents looking for ways to protect young people.

Heritage Minister James Moore announced support for a Canadian Red Cross anti-bullying initiative called "Stand Up to Bullying and Discrimination in Canadian Communities." Moore made the announcement with Laureen Harper and Ottawa councillor Allan Hubley at A.Y. Jackson High School in Kanata, a suburb of Ottawa. Hubley's 15-year-old son Jamie attended the school before he took his own life in 2011 after being bullied for being openly gay.

Moore said the government is partnering with the Red Cross, which will train 2,400 youth between the ages of 13 and 17 who will deliver in-class workshops to other youth across Canada.

Hubley called the project "important and timely" in light of the recent suicides of Amanda Todd and Rehtaeh Parsons.

A life cut short

Jamie Hubley had been a figure skater, and the only openly gay student at A.Y. Jackson High School in Kanata, Ont., a suburb of Ottawa.

Allan Hubley, left, Prime Minister Stephen Harper's wife Laureen Harper and Heritage Minister James Moore take part in an announcement regarding bullying Monday at A.Y. Jackson High School in Kanata, Ont. FRED CHARTRAND/THE CANADIAN PRESS

Report. Sleeping conditions still causing infant deaths

The rate of infant deaths associated with unsafe sleep environments hasn't changed despite increased awareness, according to a report released Monday.

Of the 131 infant deaths studied by Ontario's Office of the Chief Coroner last year, 37 per cent were found in unsafe environments, according to the annual report of the Paediatric Death Review Committee and Deaths Under Five Committee. THE CANADIAN PRESS

Soccer turban ban. Sikhs 'can play in their backyard'

The Quebec Soccer Federation says if Sikh kids want to play soccer while wearing a turban, they can play in their own yard.

Brigitte Frot, the director general of the federation, was asked Monday what she would tell a boy in a turban who shows up to play soccer.

"They can play in their backyard, but not with official referees, not in the official rules of soccer," Frot replied. "They have no choice." THE CANADIAN PRESS

CRTC cracks the dreaded 3-year cellphone contract

Wireless code. Telecom regulator's new national standards let customers cancel agreements after 2 years without penalties

Cellphone customers will be able to walk away from their contracts after two years without any early-cancellation penalties under a set of new rules unveiled Monday by the CRTC.

But the Canadian Radio-television and Telecommunications Commission didn't go as far as an outright ban on the controversial three-year contracts that are so widely hated by many Canadians.

Instead, customers will only have to pay the remaining value of the device subsidy if they opt out of their contracts after two years. That means if a customer bought a $600 phone for $99 on a three-year plan, they only have to pay the remaining balance on the device itself to get out of the contract early.

"We didn't focus on the length of the contract, we focused on the economic relation," CRTC chairman Jean-Pierre Blais said in an interview.

"So, in effect, it's equivalent to those asking for a ban of a three-year contract without us actually banning three-year contracts, because what we're saying is the contract's amortization period can only be for a maximum period of 24 months."

The code, which all service providers in Canada will have to abide by, will apply to new wireless contracts beginning Dec. 2. As part of the code, the CRTC is also capping extra data charges at $50 per month and international data roaming charges at $100 per month.

THE CANADIAN PRESS

In the lead-up to public hearings held this year on the new wireless code, the CRTC said it heard a lot of angry comments about three-year contracts. GETTY IMAGES FILE

London

Judge restricts protests after fur flies at Gaga event

A British judge has limited protests outside London department store Harrods after management complained that Lady Gaga fans were disturbed by anti-fur campaigners during an appearance last October. The judge said that while the singer visited Harrods to promote her perfume, Lady Gaga Fame, protesters with placards caused "nuisance, annoyance and harassment" to some people attending the event.

THE ASSOCIATED PRESS

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Glazed and confused

Is it a dessert? Is it a brunch food? Is it really such a good idea? Dunkin' Donuts is adding this doughnut breakfast sandwich — that is, fried eggs and bacon between a split glazed doughnut — to its U.S. menu this week. The sandwich clocks in at 360 calories, which is less than the 390-calorie turkey sausage sandwich the chain recently introduced for people looking to eat better.

JAMES SCHERER/DUNKIN' BRANDS INC./THE ASSOCIATED PRESS

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PUTTING THE 'PRO' IN PROM

SHE SAYS

Jessica Napier
metronews.ca

It's prom season.

I haven't set foot in a high school in almost a decade and yet I can't help but notice the increasing buzz of excitement in the air as teenagers across the country anticipate their iconic end-of-year dance.

Prom is an important rite of passage for young adults and a climactic moment in everybody's high school career — at least according to every single teen movie ever made.

When it comes to coming-of-age stories, corsages tend to get much more screen time than diplomas.

For high school seniors, prom night is essentially a smaller, less expensive version of a wedding reception.

There's the big dress, the cheesy DJ, the posed photos and the overwhelming expectations that are bound to leave you disappointed. These semi-formals have become so much like weddings that it's not even enough to just go to prom anymore. You have to be "promposed" to.

While it might have been good enough in the past to simply corner your crush by their locker after class and ask them to the dance, today's teens are planning elaborate romantic gestures in order to secure a date to prom.

A quick YouTube search shows about 150,000 videos claiming to be the "Greatest Promposal EVER."

From subtle messages scrawled on coffee cups to over-the-top flash mobs set to Justin Bieber's greatest hits, adolescent boys and girls are pulling out all the stops to pop the question to their would-be prom date. Stunts might range from obnoxiously outrageous to sweetly sentimental but they do have one thing in common — every moment is documented thoroughly on social media.

This is the Tumblr generation after all; did it even really happen if no one was there to Instagram it?

Of course, it's only worth the effort and embarrassment if you're guaranteed to get the yes, which is why most promposals are between high school sweethearts who are coupled up already.

With teenagers' penchant for drama and insatiable appetite for attention, it's hardly surprising that a simple question has evolved into its own engagement-like ritual. But isn't it all maybe a bit too much?

The pressure to find a prom date is bad enough; these new expectations involving intensely passionate (and public) campaigns are an additional level of stress that senior students don't really need — especially around exam time.

Personally, I'm thankful that none of these shenanigans existed in my high school days.

I'm sure I would have spent weeks scrolling through #PROMPOSAL content alone in my bedroom and feeling disappointed that no one wanted to fill the school cafeteria with helium balloons for me.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Nice to moss, er, I mean, meet you

PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Spanish man has found the ground

They look like do-it-yourself Halloween costumes but these moss-made outfits are in fact a part of a Spanish tradition dating back to the 12th century. The Procession of the Hombres de Musgo in the town of Bejar originates from a time when Christians reconquered the town from Muslim guards by camouflaging themselves in moss.

Legend has it that a group of Christian men used moss, which grows in abundance there thanks to the region's moist climate, as material for outfits to frighten Muslim guards.

At night, the moss-covered men slipped through the town gates and startled the guards, who thought the men were monsters. Fearing for their lives, the Muslim rulers fled the town forever. METRO

More spores

20 kg

20 kilograms is how much a moss costume weighs. However, rain would make this moisture-absorbing garment considerably heavier. Only six local townspeople are called upon every year to be one of the Moss Men.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Vine users meet Vine-Tune: Where Crowdsourcing meets Auto-Tune meets Twitter meets Vine meets a new way to procrastinate. If creating and sharing your six-second videos with your Vine pals isn't enough, you can now up your digital cred by having your gif-like videos be a part of indie bands' music videos.

Each month, the folks at VineTune (designers from London, U.K.'s Beattie McGuinness Bungay ad agency) chose a relatively unknown song and create a music video using Vine vids.

As the song plays and the lyrics scroll across the top of the screen, the six-second videos with the same hashtag play. Sounds confusing? See for yourself (and add your own) at vinetune.com.

Don't have Vine yet? Google Play released it this week, while 13 million iPhone users having been Vine-ing for the past five months.

Twitter

@metropicks asked: @pmharper was criticized for tweeting a partisan pitch asking followers to sign up for the Conservative party's newsletters. What do you want him to tweet about?

@FrenchmanCanada: He should #LT an episode of his favorite show. I'd love for it to be Duck Dynasty or The Bachelorette.

@J8780: What Nigel Wright told him as to why he felt he needed to write Mike Duffy a $90,000 cheque.

@KRam41: re Harper tweets: It's a fine line I guess.. He tweets abt animals & gets flack, tweets abt party and same result.

@MikeGormanHFX: What sort of masonry cement does he use for his hair?

@hserapsayv: No tweets of Harper interest me (yawn) .. The minister of Canada should tweet on national issues not partisan issues

that said is Harper really working for Canada or just the conservatives am his own agenda?

@SElliott_: I'd like @pmharper to tweek about parenting whle being PM. Show us he's human.

@awanderingsky: The #pmo should handle the meaningless info tweets. @pmharper is missing out by not directly engaging the people.

@LondonComp: Let him tweet whatever he wants, if you don't like it don't follow him. All the other politicians tweet about their party.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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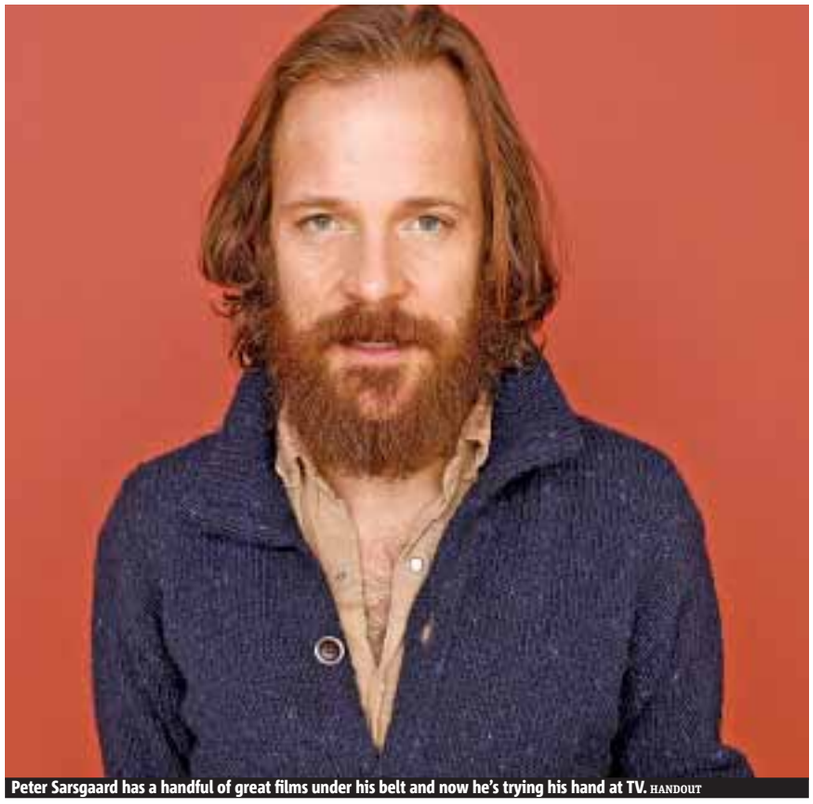
Finding the meaning of life on death row

The Killing. Peter Sarsgaard's role as a sinister inmate who killed his wife has him thinking about the morality and ethics of the death penalty

MATTHEW PRIGGE
Metro World News in New York



Peter Sarsgaard has a handful of great films under his belt and now he's trying his hand at TV. HANDOUT

The third season of AMC's crime procedural The Killing, which premiered Sunday, has a new storyline and some new cast members. Among the neophytes is Peter Sarsgaard, a talented actor who's been among the best things in Boys Don't Cry, Garden State, Shattered Glass and An Education. In his first season-long television stint — which he was still shooting when we talked — Sarsgaard plays Ray Seward, a sinister death row inmate who killed his wife.

What are the challenges of playing a death row inmate?
So much of my story takes place in the same spot. In a lot of movies, there's the car chase, the scene at breakfast, the sex scene. This is about always going to the same cell. You have to find ways of doing a different dance on the same dance floor.

Were those challenges what drew you to The Killing?
Those, and also because the issues interested me. I'm very much against the death penalty. It's very easy to do a piece about someone who's been railroaded by the system who's innocent. If you don't believe in the death penalty, you have to take an extreme circumstance — someone who's indefensible — to see if it still applies. Otherwise, the death penalty applies in some cases.

What made you want to work on TV?
Just this show. I always really liked this show. I thought this material was better than some of the film stuff I was being offered. It seemed there was more of a role there.

There's much less of a fear these days for serious actors to do TV.
So many of my favourite actors are on television. So, if you want to act with them you have to be on television.

DVD reviews

A Good Day to Die Hard

Director. John Moore

Stars. Bruce Willis, Jai Courtney

●●●○○

The Die Hard series sells the lone wolf concept — Willis vs. global terrorists — yet deep down, it's really about family reunification. Good thing, too, because the violence gets old fast. The thump-thump-thump of the heart may be hard to discern behind the rat-tat-tat of machine gun fire, but the love has always been there. Die Hards 1-3 sought to return cowboy cop John McClane (Bruce Willis) to the shaky embrace of his wife (Bonnie Bedelia); the fourth film, Live Free or Die Hard, had McClane rescuing his adult daughter (Mary Elizabeth Winstead). Now comes chapter five, A Good Day to Die Hard. It moves the divorced and retired McClane to Moscow while reuniting him with his son Jack (Jai Courtney of TV's Spartacus: Blood and Sand). Willis and Courtney make a strong match, believable both as fractious family members and also as sarcastic adversaries forced by circumstances to work together. The family that yippee-ki-yays together, stays together.

PETER HOWELL

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Will Arnett ALL PHOTOS GETTY IMAGES

Will to live, happily: Arnett pumping some iron post-divorce

Arrested Development star Will Arnett found a very healthy and productive way to deal with his split from ex-wife Amy Poehler: hitting the gym. "If going to the gym obsessively for eight, nine months was my way of dealing, then let that be my worst problem," Arnett tells Details magazine. "Life is challenging, and I'd say that there's no guidebook — but there's about a million guidebooks out there. All people have been doing since the dawn of time is trying to figure out how to live this life and be happy. I'm no different." As looking for romance post-divorce, Arnett says he's not quite ready. "I'm not officially dating," he says. "I don't know what you do. Do you put out an announcement in the trades? 'I'm dating!' It all seems very scary to me, to be honest."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jesse James' teen daughter heads to rehab

THE WORD
Dorothy Robinson
scene@metronews.ca

Jesse James' daughter, Chandler James, 18, checked into rehab in April to battle her addiction to crystal meth, RadarOnline.com revealed yesterday. The site published troubling photos and video of Chandler, 18, inhaling crystal meth off of aluminum foil.

"It is an open secret here in Austin that Chandler and her friends party hard and get wired," said the "friend" who sold the video to Radar.

"It was getting pretty out of hand. If she didn't get help, who knows what could have happened." Chandler also apparently has a problem with "huffing."

James confirmed the news to Radar: "My daughter spent the month of April in a treatment facility getting help for addiction," James told RadarOnline.com, via email.

"She is out now and in recovery, actively participating in a 12-step AA (Alcoholics Anonymous) program."

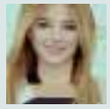
Hard to counsel a family without the folks

Lindsay Lohan was hoping to get some family counselling in while under treatment at the Betty Ford Center, but it looks like that plan is off since neither her mother, Dina, or her father, Michael, could make it to the planned session over the weekend, according to Radar Online. "I didn't want a confrontation with Dina while Lindsay is in rehab," Michael tells the site. "I've decided to go home and see my baby." Lindsay, meanwhile, is not taking too well to her time at Betty Ford, even with one of her three months of treatment under her belt. "She hates being at Betty Ford," a source says.

Lindsay Lohan

Twitter

@mindykaling
The Tesla is cool but I've always thought of it as kinda for dudes and also I can't afford it. I love the maybach but I need an entourage.



@ChloeGMoretz
Waking up before dawn, oh summer sunlight, it's light till 11 then light at 4

@JuddApatow
People think it is wrong to make goofy tweets when there is something awful in the news. There is always something awful in the news.

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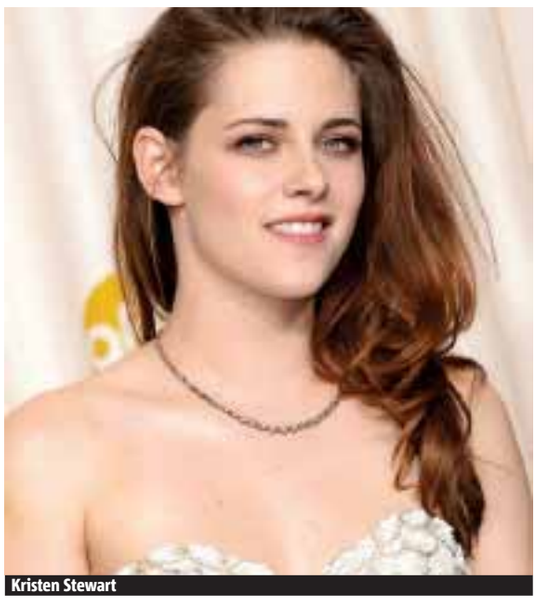

Kristen Stewart

Count her in: Stewart's split isn't going to stop her from socializing

Kristen Stewart isn't letting her break up from Robert Pattinson keep her from having a social life. The Twilight starlet attended the wedding of her Catch That Kid co-star, Max Thieriot, over the weekend, according to E! News. Thieriot, who has remained pals with Stewart since making the 2004 teen caper, married Lexi Murphy Saturday. Sources say Stewart wore a sleeveless black dress and sunglasses and mingled with other attendees.

Bynes may have been booted from apartment

Amanda Bynes

Amanda Bynes needs a new place to live. The troubled former child star was reportedly evicted from her New York City apartment last week, according to In Touch Weekly. "Movers showed up and removed Amanda's belongings from her apartment," a source says. This is the same apartment where Bynes was arrested on May 23 after she allegedly threw a bong out of her 36th floor window. "Even before her arrest, residents had constant complaints about the smell of marijuana coming from her apartment," the source adds. "She had also cursed out residents and the doormen."

Rules for a summer-flat stomach

Don't be the party pooper that refuses to take their top off all summer. Experts tell us how to get a flat stomach and fast

ROMINA MCGUINNESS
life@metronews.ca

Don't sip your cocktail using a straw

Bet that poolside cocktail was really refreshing and delicious. And that long straw meant you didn't even have to lift your head from the sun lounge in order to take a sip. "Big mistake!" says gastroenterologist Dr. Roshini Raj. "Drinking out of a straw causes you to swallow more air, which can lead to gas and bloating."

De-clog your digestive track

Eating too many nuts and bananas can cause constipation, says Raj. "Nuts are good for you in many ways (they're a rich source of plant protein and omega-3 fatty acids) but the gelatinous form that they take when digested means they tend to stick together and get stuck … Bananas, especially when unripe, are full of starch, which has been shown to slow down digestion. If you suffer from constipation, stick to eating one a week," she adds.

Work your deep abdominals

"Do 30 minutes worth of cardio exercises, five days a week. This can be anything from jogging and spinning, to treadmill exercises," recommends Michele Olson, exercise physiologist at Auburn University in Montgomery. "You also want to be doing push-ups and planks because your abs fire strongly during these moves in order to stabilize your back. Do two reps of 10 push-ups followed by 10 side planks to each side."

Stay away foods that cause flatulence

Some foods produce more gas than others, making you feel full and bloated.

"Complex carbohydrates, found in some vegetables, including broccoli and cauliflower can cause gas. These foods contain sugars that are passed undigested into the colon where they are broken down by bacteria producing gas as a by-product. ... And if you're in the habit of stirring some Sweet'N Low into your morning coffee, beware. Artificial sweeteners can cause gas to get trapped in your belly," Michele Olson, exercise physiologist at Auburn University in Montgomery, said.

Never, ever skip meals

If you think that skipping meals, taking laxatives or stopping eating altogether is going to do the trick, then think again.

"All this will do is cause you to lose water and electrolytes, leading to dehydration. This then prompts your body to retain water, meaning you'll just pack back on whatever water weight you lost," says Raj.

The flat belly workout

Single Leg Glute Bridge

Lie on your back with your knees bent. Raise your hips and hold that position as you raise and lower your leg while keeping your hips up and level. Do 12 reps then switch legs.

Valslide Upside Down Snow Angel

Place a Valslide (an exercise tool that makes lower body exercises smoother) under each foot and come down into a plank position, with your forearms on the floor. Start with your feet together, then slide your legs open (out) without letting your hips drop. Slide your legs back together to complete one rep. Do 15.

Valslide 1 Arm Slide

Place a Valslide under each hand and get into a push up position. Slowly slide one hand out in front of you, and then bring it back. Then slide your other hand in front of you, and then back. Do 12 on each arm.

Valslide Sliding Crunch

Lie on your back, knees bent with feet in the air and a Valslide under each hand. Slide your hands away, curling your body towards your legs while keeping your arms straight, and your chin tucked in. Do 20.

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Michael Douglas draws attention to the HPV risks

Health. The actor said that HPV, transmitted via cunnilingus, could cause throat cancer, which he was diagnosed with in 2010

ROMINA MCGUINNESS
Metro World News

Metro spoke to Dr. Julie Sharp, senior science communications manager at Cancer Research UK, about the link between oral sex and cancer.

What exactly is HPV?
"It's a virus that's normally transferred through actual physical contact (skin-to-skin or sex). Although it is, in most cases symptomless, it can cause things such as genital warts. HPV is very common. Eight out of 10 people will be infected with it at some point in their life even though in most cases, they won't know anything about it."

In an interview with the Guardian newspaper, Michael Douglas said that oral sex can cause throat cancer. GETTY IMAGES

How can HPV cause cancer?
"There are hundreds of different types of HPV and around a dozen of them can increase the risk of cancer. They're more associated with cervical and genital cancer but can be linked to certain types of mouth and throat cancer, through things such as oral sex. HPV infections most commonly occur to the fingers, hands, mouth and genitals and can cause DNA damage in the cells. If it's going to cause cancer it can be that you are exposed to a high risk form of HPV just once, but obviously, the more sexual partners you have, the more you're exposed to different types of HPV, increasing your risk of contracting one of the forms linked to cancer."

Douglas also claims that although cunnilingus was the reason he got cancer in the first place, it's one of the best cures. Is this true?
"I don't know what he's alluding to there. That doesn't have any basis in science or research. I'm also not sure how he's so certain that his cancer is linked to HPV."

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Anti-cancer turmeric trumps bread crumbs in pan-fried fish

This recipe replaces traditional bread crumbs with turmeric as a coating for pan-fried fish.

Ingredients

- 1 egg
- 1 tbsp water
- 2 tbsp turmeric (or curry powder)
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets
- 1 tbsp butter
- 1 tbsp grapeseed oil

This recipe serves four. SUBMITTED

1. Beat egg in a shallow bowl with 1 tbsp of water.

2. Mix turmeric, whole-wheat flour, sea salt and white pepper in a separate bowl.

3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.

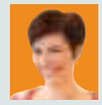
4. Warm a large skillet over medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes.

6. Set fish onto paper towel to absorb any excess fat. THERESA ALBERT/MYFRIENDINFOOD.COM

Health Solutions

Not a spice to sneeze at



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It isn't a new spice by any means, but it could help you prevent cancer.

Turmeric is one of the most widely studied foods for its potential anti-cancer properties.

It has been shown to be anti-inflammatory and cell protective for all kinds of cancers from bowel to prostate.

It is a root that is dried and ground into a powder, which creates that yellow colour in curries.

Ways to work it in:

- Buy it in Asian or Indian markets whole and grate it yourself for a fresher, more potent punch.
- Sprinkle some pure turmeric on a kitchen cut to stop the bleeding in its tracks.
- Add it to any tomato-based sauce, you won't taste or see it but it will boost the potency.
- Add to spice cakes or cookies.
- Stir into dips.
- Consume curries more often.
- Mix with water and use as a scrub on sensitive skin.
- Take as a supplement.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Sopranos actor Steve Schirripa penned Big Daddy Rules, cover right. GETTY PHOTO

Tough-guy actor on his tough-love parenting book

Q&A. Sopranos regular Steve Schirripa talks being a strict, loving, daddy, but one who's wary of his 'cunning' teenage daughters

ALEXANDRA CAVALLO
Metro World News in New York City

On The Sopranos, Steve Schirripa played a hotheaded, loud-mouthed guy. As a father, he's pretty much that same guy. He wrote Big Daddy Rules as a love letter to his two daughters.

"I guess I don't always tell them how I feel," he says. "I yell a lot. I'm pretty strict, and also I've got a lot of opinions, and I wanted to put them all together in a book."

What are the rules?
The first rule is, I make the rules. I'm your father, not your friend. But I'm the best friend you're ever going to have because nobody is going to care about you the way I care about you. The four greatest words in the world are "because I said so." That's why you can't go to the party where they're serving beer. Parents don't want to tell their kids "no" anymore.

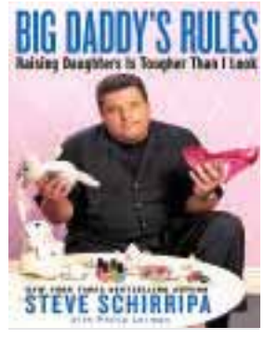
What's the hardest part about raising girls?
A boy, you give them a ball, you give them a Lego, they're fascinated. Girls are smart, they're cunning, they're calculating. They bat their eyelashes, they manipulate you.

Did you care whether you had a boy or a girl?
It didn't matter to me, as long as they were healthy. It was scary though, when my wife got pregnant. I was not prepared. I was a guy that went out a lot. I worked nights; I was living in Las Vegas. I thought my world would come to a stop.

What's an uncomfortable situation, as a dad?
My daughter dated a boy when she was 16, and I think I made a mistake there. I don't think she was emotionally ready. I was reluctant. I would not make that mistake again.

Do you really think you could have stopped her?
I hear what you're saying. I can't control everything they do, and I don't try to, but I want to be present whether I'm there or not. I want them to think, "What would my dad think about this decision I'm about to make?"

Were you strict with letting them watch TV?
I am still! I hate that reality crap. I saw them one day watching The Jersey Shore and I said I never want to see that again, ever. It's complete garbage. You think this is for real?



What's your best advice for a new dad?
I think the best thing is to be present. Get in there; get your hands dirty. Be involved. You know, in every movie, every TV show, the dad's an idiot. Don't be an idiot. Take charge, change a diaper, help.

Hold the phone: there's a new way to pay for your coffee

Whether it's buying morning coffee, getting a haircut or purchasing movie tickets, consumers want greater flexibility in paying for goods and services.

The number of credit and debit card transactions continues to increase, however payment with a physical card may soon be a thing of the past. In a connected world where smartphone and tablet usage continues to rise, this presents a shift in the way traditional payments are being accepted.

According to Pivotal Payments, one of Canada's leading payment processing companies, businesses both big and small can have a competitive edge by offering mobile payment options that are flexible and cater to their customers' changing needs.

"We've seen rapid growth of mobile payment applications due to the solution's affordability, security and universality," said Shaun McDonald, vice president of product and project management at Pivotal Payments. "Mobile payments allow merchants traditionally unwilling to accept credit cards to expand their payment options."

The physical card may soon be a thing of the past with more people using mobile wallets. ISTOCK IMAGES

With the use of a small card reader, merchants owning an iPhone, Android or BlackBerry device can easily accept credit cards at a relatively low cost. Some see this as a stop-gap between the use of physical credit cards and mobile wallets.

In the case of mobile wallets, a consumer's own smartphone becomes the payment source, with an application that stores their credit card information.

As consumer behaviour evolves and accepts these new technologies, it will usher in a new era of payment processing where an actual credit card may not necessarily be required to make what we now consider a credit card purchase.

NEWS CANADA

Borrowing to invest is a risky strategy. ISTOCK IMAGES

Are you getting good investment advice?

YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm mad as hell and ready to kick someone. Actually, I am ready to kick the advisor of a reader named Martin.

Martin is 59, on a fixed income and has little knowledge about investments. Nonetheless, he ended up with a $150,000 investment loan, which the advisor then used to purchase seven seg mutual funds from two different insurance companies.

Seg funds are like mutual funds with capital guarantees of anywhere from 60 to 100 per cent, with 75 per cent being fairly standard. You must hold them for 10 long years before the guarantee can be activated.

Bear in mind that the guarantee does not cover any growth in the investments, only the money initially invested.

Interestingly, there's no 10-year period since 1950 when the Canadian markets have been negative. Even after the financial crash of 2008/2009 stocks righted themselves by early 2013. The worst period for the U.S. market was 2000 to 2010 with a minus 3 per cent return for the Dow Jones.

Specific investments, however, including any given mutual fund, can be a 10-year pooch. But if you are only getting a 75 per cent capital guarantee and paying for it through elevated mutual fund fees for 10 years, you have to have one terrible fund plus a bad market in order for the guarantee to be worthwhile.

Back to Martin. Not including borrowing costs, his funds are worth $17,000 less than he paid for them in 2002. Not only that but he has considerable duplication in his holdings with two each of balanced, Canadian and global equity funds.

This advisor also persuaded Martin to buy shares of Research in Motion. He's actually made a few dollars here but this was a pure gamble. Borrowing to invest is a risky strategy even if the investments are sound. Buying a single, volatile stock such as RIM is also hugely risky.

Martin's best course of action is to make a complaint to the firm first. His Know Your Client form should indicate level of knowledge and risk tolerance. I'm betting he indicated both were low. Two other complaint venues are the Investment Industry Regulatory Organization of Canada (IIROC) and the office of the Banking and Investment Ombudsman.

Martin's portfolio does not match his situation or temperament and I am hoping he gets some compensation for this terrible advice.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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French Open

Sharapova sends home Stephens, reaches quarters

Defending champion Maria Sharapova returned to the French Open quarter-finals by beating 17th-seeded Sloane Stephens of the United States 6-4, 6-3 on Monday.

The second-seeded Sharapova handled Stephens' strong serve well, accumulating 12 break points and converting four.

In 2012, Sharapova completed a career Grand Slam at Roland Garros, adding that trophy to those from Wimbledon in 2004, the U.S. Open in 2006 and the Australian Open in 2008.

THE ASSOCIATED PRESS

Cancer battle

Ex-NFL QB Kelly heroic in face of cancer diagnosis

Jim Kelly intends to confront the cancer found in his upper jaw bone much like the Hall of Fame quarterback has approached many of the numerous challenges he's faced in life: Head on.

Revealing on Monday that he's been diagnosed with squamous cell carcinoma, Kelly drew upon his family, faith and perseverance.

"You have challenges. You have to confront them head on. And this is just another one. I'm down at the bottom. But I will rise to the top again," Kelly said. "I am extremely confident in my road to recovery ..."

THE ASSOCIATED PRESS

Simpson bulks up Bombers backfield

Training camp.
Running back adds power to speedy game as he faces off with Chris Garrett for top job

Chad Simpson, seen here in a July game in Toronto, averaged six yards per carry in 2012. RICK MADONIK/TORSTAR NEWS SERVICE

Chad Simpson doesn't like to measure his career by statistics, but the numbers certainly like the Winnipeg Blue Bombers running back.

He racked up more than 1,000 yards in his debut season last year even though he only played in 14 of 18 games.

"Pay attention to the stats, you'll miss the mark all the time," he said Monday after practice at the team's training camp.

Simpson played 25 career games with the NFL's Indianapolis Colts and three with the Washington Redskins before moving to the CFL. The five-foot-nine, 204-pound Miami native averaged six yards per carry with the Bombers last year and added 276 receiving yards.

"Great things will come if you focus on, you know, your pads getting low, your vision, (your consistency), so I don't focus on the stats — they'll come if I play right," he said.

Simpson changed his workout and diet in the off-season and added a little weight. He also felt that he had paid perhaps too much attention to the need for speed he was told would come with a move north.

"Last year I felt like I was a little bit too light," he said.

If 2012 was a breakout season for Simpson, it was a disaster for Chris Garrett, who opened camp expecting to be Winnipeg's starter and then tore an Achilles tendon.

In 2011, he'd managed 576 yards in just six games after replacing Bombers veteran Fred Reid, who suffered what turned into a career-ending injury. Garrett is now back and says he feels great entering his fourth CFL season — all with the Bombers.

"The foot's feeling great you know, there's no soreness, I've got good explosion off it," he said.

"I trained really hard in the off-season to come back. I'm out here running around without ... any weakness so I'm pretty happy with how things are going with it."

Winnipeg coach Tim Burke says there is room for both imports but it could mean only a practice roster spot for a third, although they might also find a spot on the expanded 46-man roster.

He knows it could be an issue.

"Not everybody wants to be on the practice roster so if that scenario comes up, that will be their decision," Burke said.

THE CANADIAN PRESS

Getting the call

"Being a kid I always dreamed about running out of that tunnel, so stepping out on that field today was an amazing experience."

Receiver Taylor Renaud, who will replace injured draft pick Michael DiCroce.

4 SPORTS

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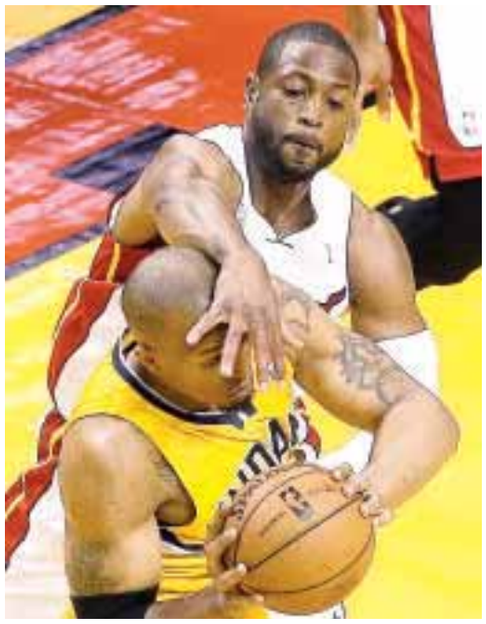

Heat grab trip to finals

Heat shooting guard Dwyane Wade crowds Pacers forward David West during Game 7 of the NBA Eastern Conference final on Monday night in Miami. Wade had 21 points and nine rebounds and LeBron James had 32 points, eight rebounds and four assists as the Heat won 99-76 to set up an NBA finals matchup with the San Antonio Spurs.

WILFREDO LEE/THE ASSOCIATED PRESS

Pitt of despair: Pens fall behind 2-0 at home

NHL playoffs. Feisty Bruins winger Marchand leads Boston's march past Penguins in Game 2

Boston's Brad Marchand scores a first-period goal on the Penguins' Tomas Vokoun on Monday night in Pittsburgh.

GENE J. PUSKAR/THE ASSOCIATED PRESS

Brad Marchand scored twice during a four-goal first period and the Boston Bruins routed the Pittsburgh Penguins 6-1 in Game 2 of the Eastern Conference final on Monday night.

David Krejci, Nathan Horton, Patrice Bergeron and Johnny Boychuk also scored for Boston, which hardly broke a sweat while going up 2-0 in the best-of-seven series. Tuukka Rask kept Sidney Crosby and the rest of the NHL's top offence in check once again, stopping 26 shots.

Game 3 is Wednesday night in Boston.

Brandon Sutter netted Pittsburgh's lone goal. Tomas Vokoun gave up three first-period goals on 12 shots before being replaced by Marc-Andre Fleury.

The move did little to blunt the momentum in what has quickly become a one-sided series. Boston held Pittsburgh's top-ranked power play scoreless for the second straight game, and the Bruins looked like the team marked as the Stanley Cup favourites, not the star-laden Penguins.

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NHL PLAYOFFS

CONFERENCE FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. BOSTON (4)

(Boston leads series 1-0)
Monday's result
Boston at Pittsburgh
Saturday's result
Boston 3 Pittsburgh 0
Wednesday's game
Pittsburgh at Boston, 8 p.m.
Friday's game
Pittsburgh at Boston, 8 p.m.
Sunday's game
x-Boston at Pittsburgh, 8 p.m.
Tuesday, June 11
x-Pittsburgh at Boston, TBD
Wednesday, June 12
x-Boston at Pittsburgh, TBD

WESTERN CONFERENCE

CHICAGO (1) VS. LOS ANGELES (5)

(Chicago leads series 2-0)
Sunday's result
Chicago 4 Los Angeles 2
Saturday's result
Chicago 2 Los Angeles 1
Tuesday's game
Chicago at Los Angeles, 9 p.m.
Thursday's game
Chicago at Los Angeles, 9 p.m.
Saturday's game
x-Los Angeles at Chicago, 8 p.m.
Monday, June 10
x-Chicago at Los Angeles, 9 p.m.
Wednesday, June 12
x-Los Angeles at Chicago, TBD
x — played only if necessary

NBA PLAYOFFS

CONFERENCE FINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS INDIANA (3)

(Series tied 3-3)
Monday's result
Indiana at Miami
Saturday's result
Indiana 91 Miami 77

WESTERN CONFERENCE

SAN ANTONIO (2) VS MEMPHIS (5)

(San Antonio wins 4-0)

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	35	23	.603	—
Baltimore	32	25	.561	2½
New York	32	25	.561	2½
Tampa Bay	31	25	.554	3
Toronto	24	33	.421	10½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	30	25	.545	—
Cleveland	30	27	.526	1
Minnesota	25	29	.463	4½
Chicago	24	30	.444	5½
Kansas City	23	31	.426	6½

WEST DIVISION

	W	L	Pct	GB
Texas	35	21	.625	—
Oakland	34	24	.586	2
Los Angeles	25	32	.439	10½
Seattle	24	33	.421	11½
Houston	20	37	.351	15½

Monday's results
N.Y. Yankees 7 Cleveland 4
Houston at L.A. Angels
Chicago White Sox at Seattle
Sunday's results
Tampa Bay 11 Cleveland 3
Baltimore 4 Detroit 2
Minnesota 10 Seattle 0
Texas 3 Kansas City 1
Houston 5 L.A. Angels 4
Oakland 2 Chicago White Sox 0
Boston 3 N.Y. Yankees 0 (6 inn.)
Tuesday's games — All times Eastern
Cleveland (Kazmir 3-2) at N.Y. Yankees (Phelps 3-3), 7:05 p.m.
Tampa Bay (Moore 8-0) at Detroit (Sanchez 5-5), 7:08 p.m.
Texas (Grimm 5-3) at Boston (Dempster 2-6), 7:10 p.m.
Baltimore (Tillman 4-2) at Houston (Harrell 4-6), 8:10 p.m.
Minnesota (Deduno 1-1) at Kansas City (Mendoza 1-2), 8:10 p.m.
Chicago Cubs (Feldman 5-4) at L.A. Angels (Weaver 1-1), 10:05 p.m.
Chicago White Sox (Peavy 6-3) at Seattle (Hernandez 6-4), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	35	22	.614	—
Washington	28	29	.491	7
Philadelphia	28	30	.483	7½
New York	22	32	.407	11½
Miami	16	42	.276	19½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	37	19	.661	—
Cincinnati	36	22	.621	2
Pittsburgh	35	23	.603	3
Chicago	23	32	.418	13½
Milwaukee	21	34	.382	15½

WEST DIVISION

	W	L	Pct	GB
Arizona	32	24	.571	—
San Francisco	30	27	.526	2½
Colorado	30	28	.517	3
San Diego	26	30	.464	6
Los Angeles	23	32	.418	8½

Monday's results
Philadelphia 7 Miami 2
Cincinnati 3 Colorado 0
Atlanta 7 Pittsburgh 2
Oakland at Milwaukee
Arizona at St. Louis
San Diego at L.A. Dodgers
Sunday's results
Miami 11 N.Y. Mets 6
Philadelphia 7 Milwaukee 5
Pittsburgh 5 Cincinnati 4 (11 inn.)
Atlanta 6 Washington 3
San Francisco 4 St. Louis 2
Arizona 8 Chicago Cubs 4
Colorado 7 L.A. Dodgers 2
Toronto 7 San Diego 4 (11 inn.)
Tuesday's games — All times Eastern
Miami (Nolasco 3-6) at Philadelphia (Pettibone 3-1), 7:05 p.m.
N.Y. Mets (Hefner 1-5) at Washington (Zimmermann 8-3), 7:05 p.m.
Colorado (Nicasio 4-2) at Cincinnati (Bailey 3-4), 7:10 p.m.
Pittsburgh (Locke 5-1) at Atlanta (Minor 7-2), 7:10 p.m.
Oakland (Griffin 5-4) at Milwaukee (Lohse 1-6), 8:10 p.m.
Arizona (Skaggs 1-0) at St. Louis (Wacha 0-0), 8:15 p.m.
San Diego (Richard 1-5) at L.A. Dodgers (Lilly 0-2), 10:10 p.m.
Toronto (Johnson 0-1) at San Francisco (Lincecum 3-5), 10:15 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Your head will rule your heart today, but in a good way. Facts and figures are of the utmost importance, so make sure you know what's going on and what it might mean to your long-term plans.

♉ Taurus
April 21 - May 21
There are times when it all seems to come together and this is one of them. Today's Mercury-Saturn link will clarify what before may have seemed confusing.

♊ Gemini
May 22 - June 21
This is potentially one of the best times of the year for you and the closer you get to Saturday's new moon, the more you will follow your instincts and the happier you will be. Have fun.

♋ Cancer
June 22 - July 23
Something you visualize today can be more than just an idle daydream. It could turn out to be enjoyable and lucrative if you're motivated to make it happen. Get up and get to it.

♌ Leo
July 24 - Aug. 23
You may not want to seem mean, but if you give loved ones everything they ask for today, you may have nothing left for yourself. And if you're not happy, how can those around you be happy?

♍ Virgo
Aug. 24 - Sept. 23
Go out of your way to be nice to people today, even though they may not always be nice to you. Someone in a position of power will be impressed by your ability to get along.

♎ Libra
Sept. 24 - Oct. 23
Something you see or hear over the next few days will open your mind to the fact that the world is a bigger and more interesting place than you thought. Now all you need are some bigger goals.

♏ Scorpio
Oct. 24 - Nov. 22
You may be a no-nonsense Scorpio but there is a kinder side to your nature that only those who know you well get to see. Try letting a few more people in on the secret today.

♐ Sagittarius
Nov. 23 - Dec. 21
You may think you can do it alone but life will be so much easier if you have others by your side. What you most need today is someone with the patience to handle negotiations and read the small print.

♑ Capricorn
Dec. 22 - Jan. 20
Do what you think is right, even if everyone around you seems to think it is wrong. If you follow your conscience today, it's unlikely you will stray far from the righteous path.

♒ Aquarius
Jan. 21 - Feb. 19
Over the next few days, the right thing will happen at just the right time and those fears that have been invading your thoughts will just fade away. The upcoming new moon will give your confidence a boost.

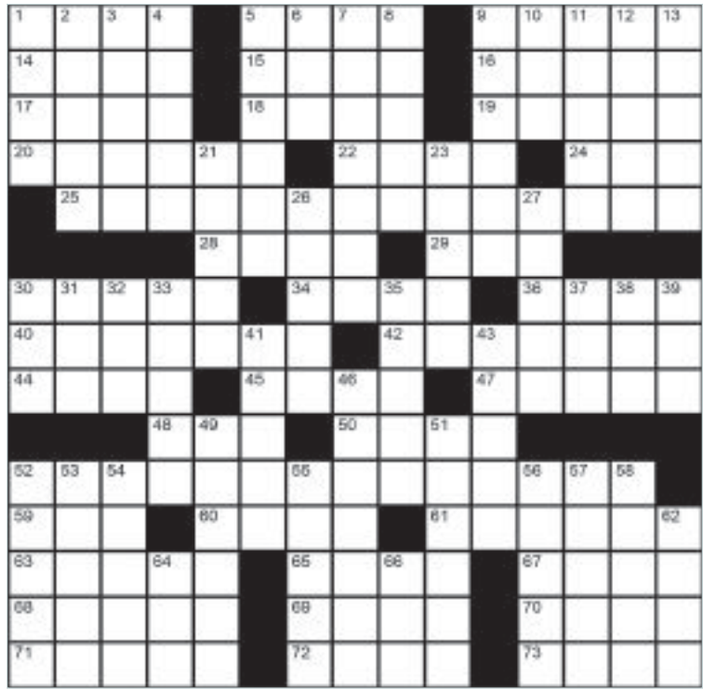
♓ Pisces
Feb. 20 - March 20
You don't have to give away all your worldly goods but you do have to do something to help people who are suffering in some way. Involve yourself in a bigger cause.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



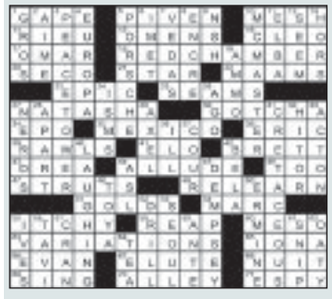
Across

1. Bird for Hans Christian Andersen
5. Univ. teacher
9. Radiohead hit
14. Robin Cook's thrilling book
15. Since, to Robert Burns
16. TV feed's sound
17. In the crowd
18. Himalayas hairy humanoid
19. "Love, __ O'er Me" by The Who
20. Early-'90s Canadian comedy series, "__ Mansion"
22. Like fine wine
24. Definite article
25. Aurora Borealis: 2 wds.
28. Arias, e.g.
29. Muck
30. Severus __ (Character in 'Harry Potter' books)
34. Smidgen
36. Borscht ingredient
40. Keep __ of the latest news
42. Set up
44. Gestures of affection for dogs
45. Bird beaks
47. Supplement: 2 wds.
48. Universal principle
50. Library verb
52. Gig for David Beckham: 2 wds.
59. For each
60. Manitoba community, __ Lake
61. Tooth topping
63. Period
65. Seaport of Yemen
67. 6th Greek†alphabet letter
68. Maiden name of Dixie Chicks member Emily Robison
69. Mr. Bridges
70. Mr. Stoltz
71. Edible seaweed
72. Biblical grandson
73. Unit of force

Down

1. Rip off
2. Shania Twain album: 'The __ in Me'
3. __ acid
4. Rock bottom
5. Hitchcock horror
6. Seedy sandwich selection
7. Toronto's locale
8. Fake
9. Fitness routine component
10. Ms. McClanahan
11. Ms. Wharton of books
12. "__ Is Enough" (Old TV series)
13. Cornmeal breads
21. Sailor's status: 2 wds.
23. British composer of 'Pomp and Circumstance' marches, Sir Edward __ (b.1857 - d.1934)
26. Upper crust
27. Spoil, as food: 2 wds.
30. Deplete, as energy
31. NFL, NHL ...and what else?
32. Mr. Linkletter
33. Plague, in Paris
35. Electroshock-er
37. "Howards __" (1992)
38. Alter __
39. British band, __ Years After
41. __ Owl
43. Inert gas
46. Manitoba city
49. Actress Ms. Dahl
51. Makes right
52. Hiked, as prices
53. Kind of jacket
54. Southern __, as per accents
55. Related maternally
56. Groggy
57. Manicurist's tool, __ board
58. Accept, as to a club: 2 wds.
62. Dainty fabric
64. Paris to Nicky, for short
66. Tokyo, formerly

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		8	4	2		6	
1								3
		9				5		
9	1		6		8		3	4
				7				
2	8		4		1		7	9
		4				1		
5								7
	9		1	6	7		5	

Yesterday's Sudoku

9	3	2	8	4	6	7	5	1
1	8	4	3	7	5	2	6	9
5	6	7	9	2	1	3	4	8
3	4	6	1	5	7	8	9	2
2	9	1	6	8	3	4	7	5
8	7	5	4	9	2	6	1	3
4	1	8	7	3	9	5	2	6
7	2	9	5	6	8	1	3	4
6	5	3	2	1	4	9	8	7

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 15° MIN: 8°	MAX: 16° MIN: 7°	MAX: 19° MIN: 13°

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life opens up when you do Crest 3D WHITE™

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